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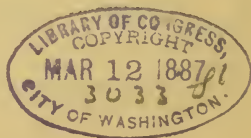
HANDY

HOUSEHOLD

HINTS.

A COMPILATION OF
USEFUL COOKING RECIPES, HELPFUL HINTS, AND READY REMEDIES.

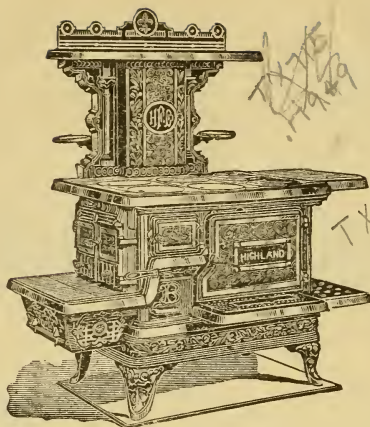
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Soup.

Bouillon.—Take from four to eight pounds of beef from the shoulder, — according to the number to be served, — put on early in the morning for six o'clock dinner, in water enough to cover it, with two quarts additional; let it boil slowly until the beef is tender; remove from the fire. When cold skim off the fat, add salt and pepper to taste, strain into a soup kettle, and boil for half an hour, add a root of celery, or pieces cut an inch long.

Soup Coloring.—A gill of water, a quarter of a pound of lump sugar, and half an ounce of butter should be put on the fire in a small stew-pan, and stirred until it is a bright brown color; add to it half a pint of water, boil and skim it; let it cool, then bottle for future use.

Pea Soup.—Boil one pint of split peas in three quarts of water till quite soft. Then stew in the soup a pound and one-half of beef and a slice of bacon, with a handful of spinach, a few cloves, and a little mace. Let it stew for two hours, rub it through a sieve, then stew it with a little mint and spinach cut fine, add salt and pepper to taste and a lump of sugar. Serve with fried bread cut into dice, on a separate dish.

Chicken Soup.—Boil the bones of two chickens with half an onion; the next day skim off all the fat, and add half a cupful of pearl barley, which has been soaked over night in cold water, salt and pepper to taste. Just before serving sift in one-third of a teacupful of dry, fine bread-crumbs.

Ox-Tail Soup.—Take an ox-tail and divide it into small pieces; wash nicely and put into a soup-pot, with five quarts of water and two pounds of beef from the shoulder. Boil slow-

ly for several hours; when the meat is sufficiently done to fall from the bone, strain; let it stand over night, skim off the fat, return to the kettle, and boil two hours. Add one onion, celery, and two tablespoonfuls of brown flour. This will make about three quarts of liquor. Salt and pepper to taste. The flavor will be much improved by the addition of a glass of wine.

It is impossible to have good soup without a sufficiency of good meat, thoroughly boiled, carefully skimmed, and moderately seasoned. Meat that is too bad for any thing else is too bad for soup. Cold meat re-cooked adds little to its flavor or nourishment, it is in vain to attempt to give poor soup a factitious flavor by the disguise of strong spices or other substances, which are disagreeable or unpalatable to at least one-half of the eaters, and frequently unwholesome. Rice and barley add to the insipidity of weak soups, having no taste of their own. Even if the meat is good, too large a proportion of water and too small a quantity of animal substance will render it flat and vapid. All soups should be boiled slowly at first, that the essence of the meat may be thoroughly drawn out. The lid of the kettle should be kept close, except when it is necessary to remove it for taking off the scum, which should be done frequently and carefully.

If this is neglected the scum will boil back into the soup and spoil it. When no more scum arises, and the meat is in rags, it is time to put in the vegetables, seasoning, etc., and not till then; and if it should have boiled away too much, then is the time to add a little *hot* water.

Fried Bread.—Cut bread into small cubes, fry in butter, being careful to brown nicely on all sides, and serve with soups on a separate dish.

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Fish.

Creamed Oysters.—One pint of oysters, one pint of cream, one heaping tablespoonful of flour, one-third cupful of cold milk, piece of butter size of an egg, small piece of onion, and a small piece of mace; salt and pepper to taste. Put the cream on to boil with the onion and mace in it. Mix flour with one-third cupful of milk and stir into the boiling cream. Season with salt and pepper and cook ten minutes. While the cream is cooking, let the oysters come to a boil; skim carefully, strain and pour into the boiling cream. Be careful and not cook the oysters too much.

Creamed Oysters No. 2.—A little more than a pint of oysters, one pint of cream, salt and pepper to taste. Let the cream come to a boil; mix one teaspoonful of flour with a little cold milk and stir into the boiling cream. Let the oysters come to a boil in their own liquor, and turn the oysters into the boiling cream.

Oysters for Lunch.—Trim the beards from as many oysters as may be required, wrap each in a very thin shaving of fat, streaky bacon (cold boiled bacon is the best); run them one after the other onto a skewer, and hold them over a clear fire until the bacon is slightly crisp; serve on the toast immediately.

Pickled Oysters.—Rinse your oysters in their liquor, strain it on them through a coarse cloth, and give them one boil up, then take them out of the liquor to cool. Prepare vinegar by boiling it with black pepper, a little salt, mace, cloves, and nutmeg, and when perfectly cold pour it over the oysters, and put away in a stone jar.

Fried Oysters.—Have in your frying-pan some boiling lard. Wash some large, fine oysters in cold water, taking them out quickly. Roll them in corn meal; drop into the hot lard, and fry a light brown.

Oyster Sauce.—Put into a sauce-pan two dozen large oysters and strain their liquor on to them. Let them simmer but not boil; then take them out, and put in pepper and salt, with

one teaspoonful of flour rubbed smoothly in butter, one teacupful of milk, and let it all boil. When removed from the fire put the oysters in and serve hot.

Escalloped Oysters.—Butter an oval dish, put in a layer of oysters, and dredge in a little salt, pepper, and butter, then a layer of rolled cracker; pour over this a few spoonfuls of milk, just enough to moisten the cracker, then a layer of oysters with salt, pepper, and butter; another of cracker, with a little more milk, and so on until the dish is full; before putting into the oven pour a little more milk over the top; bake about half an hour.

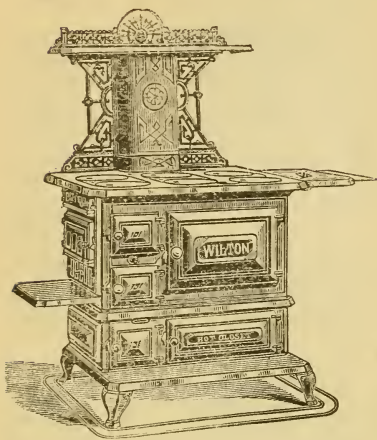
Escalloped Oysters No. 2.—Three pints oysters, eight butter crackers pounded fine, salt, butter, pepper, mace, nutmeg, and one glass of sherry. Butter a pudding dish and put a layer of cracker-crumbs into it, then a layer of oysters, sprinkled with the seasoning above-mentioned, then crackers and oysters till the dish is filled. Put small pieces of butter on the top. Pour a wine-glassful of sherry in carefully just before putting into the oven to bake.

Escalloped Oysters No. 3.—On the bottom of a shallow buttered dish strew a layer of cracker-meal, a third of an inch thick; wet this with oyster liquor, strained, to which has been added an equal quantity of rich milk; on this place a layer of oysters, just touching each other, lightly sprinkled with pepper and salt, and lay over them very small bits of butter. Then spread evenly another layer of cracker-meal, thick enough to cover the oysters, taking care to moisten it thoroughly with the prepared liquor. Alternate meal and oysters until the dish is filled, remembering to have a thick layer of cracker-meal well moistened, at the top. Bake half an hour.

Fish Chowder.—Take about four pounds of either cod or haddock, skin it, wash in cold water, and cut in small pieces. Then fry in the kettle in which the chowder is to be made a quarter of a pound of salt pork until it is brown. Pare and slice five pota-

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toes and one small onion. Place a layer of potato and onion in the kettle, then a layer of fish, dredge lightly with salt, pepper, and flour; continue adding alternate layers of potato, fish, and seasoning until all is used; then add hot water enough to cover; boil gently one-half hour tightly covered; add a pint of milk and six crackers, split and dipped in cold water, and cook ten minutes more.

Baked Shad.—Take some bread-crumbs, chopped parsley, butter, pepper, and salt, and mix them up with beaten yolk of egg. Fill the shad with this dressing, tie a string around it, put in a pan with a little water, place some pieces of butter over the fish, and bake. Onion can be added according to taste.

Steamed Fish.—Cut off the head and tail; wash the fish, salt and lay it on a plate in a steamer, and cook till done. Then remove carefully to a platter, after having taken off the skin. Serve with drawn butter made as follows: Two heaping teaspoonfuls of flour, mixed well with a piece of butter the size of an egg. Pour on enough boiling water to make it the consistency of cream.

Fish Balls.—Boil together for about one-half hour, one quart of sliced potatoes pared, and one large cupful of salt fish. Mash, and add two tablespoonfuls of cream or milk, with a small piece of butter size of an egg, and one egg; beat together with a spoon; then have the fat boiling hot, drop a tablespoonful of the mixture into the hot fat. Do not use the hands to make them into balls, or flour.

Meats.

Broiling.—In broiling two things are very essential: a bright, hot bed of coals and the entire attention of the person performing the operation. A poor fire dries the meat, rather than cooks. The meat should be frequently turned, to avoid burning and to enable it to become cooked through without doing the outside too much. If the cook is attempting to broil the meat

and dish up the remainder of the meal at the same time, the broiling will be neglected and the meat scorched. By following the above directions you will ensure a well-cooked meat.

Roast Meat.—In roasting any kind of meat place half a dozen medium-sized, pared potatoes around the roast on the grate in the pan, and when basting the meat baste the potatoes also. When done they will be a rich brown color and are of superb flavor.

Roast Beef.—In roasting beef, if an onion is placed on the top of the meat during cooking, it will add greatly to its flavor. It should be removed before serving.

Ham.—Boil a ham in clear water one hour or more, according to size; take it out of the water and rub it off with a clean cloth and remove the skin; put it in a kettle, pour wine over it, and keep it closely covered, steadily boiling one hour. It is very nice browned in an oven half an hour with brown sugar sprinkled over it.

Boiled Ham.—Wash a ham nicely in warm water; rub it well with a wet cloth. Have a kettle filled with cold water and put your ham in; let it boil slowly at first, and then boil briskly. Turn in the pot occasionally, allowing four hours to thoroughly cook a ten-pound ham; three hours for a small one.

Baked Ham.—For baking take a small- or medium-sized ham, trimmed and made into good shape. The evening previous to cooking soak in a pan of hot water three or four hours; in the morning make a stiff paste of rye meal mixed with water, and cover the ham entirely with the paste; bake five to six hours in a moderate oven. When done remove the crust, take off the skin, and dredge with powdered bread-crumbs. A ham can scarcely be cooked too much or too slowly. Save the skin entire to cover the cold ham when it is put away in the pantry.

Madeira Ham.—Take a ham of fine quality, lay it in hot water, soak a day and a night, changing the water several times, washing out the pan each time. On the morning of the



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second day put the ham into a large pot of cold water, and boil slowly four hours, skimming well. Then take from the fire, remove the skin, and put the ham into a clean boiler, with sufficient Madeira wine to cover it well. Stew for an hour, keeping the pot tightly covered, except when turning the ham. When stewed drain the liquor into a porcelain-lined saucepan. Cover the ham all over with a thick coating of powdered sugar and bake for an hour in a hot oven. Mix some orange- or lemon-juice with the liquor in the saucepan, add sugar and nutmeg, give one boil up, and serve separately as a sauce for the ham.

Fried Bacon.—Bacon, cut into thin slices and browned in a frying-pan, makes a very nice relish with many kinds of meat, and served with fried calves' liver it is an excellent breakfast dish.

Spiced Tomato Steak.—Take a thick slice of steak cut from the round, cut gashes and fill the same with powdered cracker and spices, then roll up tightly and tie with a string. Take a quart of canned tomato in a tight saucepan and place the meat in it; cover tightly, and let it cook slowly for two and a half or three hours, until the meat is thoroughly done. Untie the meat and serve on a platter, with the tomato poured over it.

Pepperpot.—Boil six pounds of tripe for one hour, then take it from the water in which it has boiled and put in fresh water with a knuckle of veal. Let these boil for two hours, then add potatoes, onions, carrots, a little parsley, some celery salt or stalks of celery, and any other herb or vegetables desired; plenty of salt is essential, and considerable black pepper. When the tripe is tender, cut it into small bits and put back into the kettle. After removing the vegetables make a nice gravy. Dumplings may be served with this. The best way to cook them is to steam them and then drop them into the boiling gravy just before serving. They will be thoroughly cooked and be light if steamed for three-quarters of an hour.

Beef Scallop.—Two cupfuls of cold, underdone roast beef, one cupful of raw potatoes cut into dice, two beaten eggs, mustard, pepper, salt, and a teaspoonful of finely minced onion, one cupful of gravy or stock. Peel and cut the potatoes, lay them in cold water for half an hour, drain, cover them with boiling salted water and stew gently ten minutes; drain off the water, add the gravy and the beef chopped fine; cook slowly for ten minutes, turn into a bowl, beat in the eggs, the onion, salt, pepper, and mustard, put into a greased baking dish, strew crumbs on top, bake covered half an hour, then brown.

Boiled Turkey.—For boiling select a fat hen turkey; fill the breast with stuffing made of a quarter of a pound of grated bread-crumbs, mixed with two large tablespoonfuls of butter, seasoned with a little pepper and salt, a large teaspoonful of powdered nutmeg and mace mixed together, a tablespoonful of sweet herbs, and the crumbled yolks of two hard-boiled eggs; add the grated yellow rind and the juice of a lemon, and mix well. Put the turkey in a large pot with plenty of cold water, and boil gently for two hours or more, in proportion to its size; carefully removing the scum as it rises. It will be whiter if boiled in a cloth. Serve with oyster sauce (see page 5). To ascertain if done, try the thickest parts with a large needle; if it passes in and out easily it is done.

Tripe.—Because tripe is so delicate and easily digested it is a proper article of diet for dyspeptics, yet those having digestive organs that never rebel, however heavily loaded, will hardly be willing to grant those less favored in this particular the exclusive right to the snowy honeycomb. It is too much a favorite to be appropriated by one class without a protest. The manner of preparing it as practiced by our great-grandmothers, whose culinary labors reach back much farther than those of the present generation, required so much labor that the delicate woman wisely said, "it did n't pay to attempt to make it ready for the



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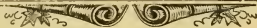
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table." The beef's stomach was sewed up after being turned, and this was done at the barn with the mercury, perhaps, low in the twenties; it was then taken to the house and washed well, sprinkled thickly with salt and covered with water. The next day it was scraped and the water changed; the salt water was renewed for five days, also the scraping at intervals; it was soaked in fresh water for one day, and then the tripe was cut in pieces, and the final scraping removed any remnants of the dark coating. Only the few now think of dressing a tripe, as the butcher brings it to the door cleaned and boiled, and such do not find the process of cleansing exhaustive, as lime is a friendly helper. Pour hot water on a quart of air-slaked lime in the vessel containing the tripe, and in two hours, or possibly one, all extraneous matter will yield to the knife, and the inner surface will be as white as the outer. Wash the tripe and soak for a day at least in cold water, renewing the water once or twice; then examine very carefully, and cut off the tallow, and it is ready for boiling. Cut it in pieces, cover with cold water, and cook eight or ten hours until tender. Salt added an hour before the tripe is done improves the flavor, but will give it a greyish hue if it is boiled in an iron kettle. Directions for preparing tripe for the table are noted below.

Broiled Tripe.—When the tripe is well boiled, cut in pieces that can be accommodated upon the girdiron, and broil quickly. Season with plenty of butter, salt and pepper to taste.

Fried Tripe.—Roll the boiled tripe, cut in squares, in egg, then in cracker-crumbs, and fry to a nice brown. Serve with catchup.

Stewed Tripe.—Cut the boiled tripe into small pieces and add three or four small onions; pour over the tripe and onions a little warm water. Let it cook slowly until both are tender and the water nearly boiled away. Then add milk sufficient to make a good gravy, a tablespoonful of butter made smooth in an equal quantity of

flour; salt and pepper to taste, and boil three minutes.

Tripe Curry.—Boil two pounds of tripe and cut into strips; peel two large onions and cut them into square pieces, and put the onions into a stew-pan with three tablespoonfuls of butter. Let it stew till brown, stirring well, and mixing a tablespoonful of curry powder. Now add one pint of milk and the cut-up tripe. Let all stew for an hour, skimming it well. Serve in a deep dish, with boiled rice.

Bread.

Yeast.—One cupful of hops, two-thirds cupful of malt, both thoroughly boiled in four quarts of water in a porcelain kettle; never in tin or iron. Mix one cupful of flour, one cupful of sugar, two-thirds cupful of salt together in an earthen dish; strain the water from the hops and malt boiling hot over this, straining it quickly and thoroughly. When cold add to it one pint of yeast, and keep it quite warm, but not hot, until it begins to ferment. Bottle next day.

Yeast No. 2.—Put a large handful of hops into a gallon of water, boil it until a light brown color, with two Irish potatoes sliced in it; when the potatoes are soft strain it into a wooden bowl; stir one quart of flour into a paste with cold water, and when the hop tea is cool stir it in. Then return it to the kettle and put over the fire to thicken, stirring it all the time. As soon as it is thoroughly heated, pour again into the wooden bowl to cool, occasionally stirring it. When perfectly cold, put it in a stone jug with a loose stopper; set it in a warm place to rise, placing the jug in a pan to catch what yeast runs over. When it is done rising put it away in a jug, filling it only two-thirds full. Two spoonfuls of honey or a cup of sugar may be added before putting it in the jug, or a teaspoonful of sugar to half a pint when used. Use one-half pint to two quarts of flour.

Brown Bread.—Three cupfuls of rye meal, two cupfuls of Indian meal,

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one teaspoonful of salt. Mixed well, and then add one cupful of molasses and one pint of tepid water, with one teaspoonful of soda dissolved in it,—or if you prefer, one teaspoonful of cream of tartar, and half a teaspoonful of soda. Steam over a kettle of boiling water four hours. If you desire a crust, then bake for half an hour. To avoid heaviness, cook immediately on mixing.

Brown Bread No. 2.—Two cupfuls Indian meal, two cupfuls rye meal, one cupful of flour, one and one-half pints of sweet milk, two-thirds cupful of molasses, one teaspoonful of saleratus, and a little salt. Bake.

Corn Bread.—Mix three pints of corn meal in one quart of sour milk; add three well-beaten eggs, one teaspoonful of soda, and one of salt. Beat it well and bake half-inch thick in pans.

Tea Rusks.—One-half pint of new milk, one cupful of yeast, a little salt, flour enough to make a batter. Let it rise about five hours, then add one cupful of sugar, one egg, and flour enough to knead into biscuit. Put into pans, and when light bake in a quick oven.

Nice Rolls.—Take one quart of flour, large spoonful of good yeast, two eggs, a little salt, and half a pint of sweet milk. Knead it well, and set to rise. The next morning work in an ounce of butter, make the dough in small rolls, and bake.

German Toast.—Cut nice slices of loaf bread; beat four eggs for twelve slices. Dip the bread in the beaten egg on both sides, and fry it in hot butter. Never put the butter on until you have all prepared, as the salt in the butter makes it burn quick, and gives the toast an unpleasant taste. This is a very nice breakfast dish.

English Buns.—One yeast cake dissolved in a pint of warm milk, a pinch of salt, and flour to make a soft sponge, and let rise; add one teacupful of sugar, a cupful of butter, two eggs, flour to make a stiff dough; let rise, roll in a large sheet, spread with

butter, and cut in biscuits, fold over, let rise again and bake.

Muffins.—Beat three eggs, add one pint of warm milk and a gill of yeast, stir well into it two pounds of flour. If your batter is very thin add a little more flour. Bake quickly in muffin tins.

Muffins No. 2.—One quart of flour, three eggs, one cupful of yeast, one spoonful of lard or butter, and a little salt. Make at night and bake in tins for breakfast.

Parker-House Rolls.—One quart cold boiled milk, two quarts flour, one large tablespoonful of lard rubbed into the flour. Make a hole in the middle of the flour; take one cupful of yeast, one-half cupful of sugar, add the milk, and pour into the flour with a little salt; stir gently with a spoon, and let it stand until morning, then knead it hard and let it rise; when it has risen, cut it down with a knife and knead again, and let rise a second time; cut down again at four in the afternoon and knead and cut ready to bake, and let rise again in the pan. Bake twenty minutes.

French Rolls.—Peel four large potatoes, boil in two quarts of water, strain potatoes and water through a colander, when cool add a cupful of good yeast. Set to rise, when light turn into a bread-pan, and mix in a teaspoonful of salt, half a cupful of lard and flour to make stiff dough; let it rise again and work down several times. When very light make out in rolls and let rise, brush with egg and sugar, and bake in a quick oven.

Breakfast Rolls.—Take three cupfuls of sweet milk, one cupful of butter or lard, dissolve one yeast cake in a cupful of warm water, mix with flour enough to make dough. Set to rise over night; in the morning add one egg, knead thoroughly, let rise again, and when light make out in rolls, place in pans, keep warm, and bake when very light.

Flannel Cakes.—One quart of milk, one cupful of corn meal, and nearly three of flour, half-cake of yeast, stirred in a half-cupful of warm water, one large cupful of boiling

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water, one teaspoonful of salt, one teaspoonful of molasses, bit of soda the size of a pea in the milk. Scald the meal with the boiling water, stir in the milk, and strain through the colander, add flour and yeast and let it rise until morning, beat in salt and molasses, and when the batter is smooth and light bake on a griddle. They are very nice.

Miscellaneous.

Lyonnaise Potatoes.—Cut a quart of cold boiled potatoes into cubes, add one tablespoonful each of pepper and salt. Fry a tablespoonful of chopped onion in three tablespoonfuls of butter until yellow; then add the potatoes, being careful not to break them; when hot add a tablespoonful of chopped parsley, and cook ten minutes longer.

Chicken Croquettes.—One can of boned chicken, one cupful of mashed potatoes, one-half cupful of drawn butter. Chop the chicken very fine and season with salt and pepper. Beat two eggs very light, and when the drawn butter is boiling hot pour it upon the eggs; then stir in the chicken and set the mixture away to cool. Make into shapes, not too thick, brush them over with egg, roll in fine cracker crumbs, and fry in a wire basket in hot fat. Cracker dust can be purchased in pound packages, and is a great convenience, besides being more evenly powered than that which is rolled at home.

Celery Salad.—Stir briskly the yolk of one egg, and add sweet oil, by drops, until the consistency becomes stiff. Add two tablespoonfuls of prepared mustard, a pinch of salt and pepper, three tablespoonfuls of vinegar. Have ready three bunches of celery, chopped fine, washed, and well drained, then pour the above sauce over the celery.

Omelet.—Four eggs well beaten, two large spoonfuls of flour, two cupfuls of milk, a little salt. Melt butter the size of an egg in the baking-pan, and bake two minutes.

Chow-Chow.—One quart medium-sized cucumbers cut lengthwise, one quart smallest cucumbers, one quart small onions, one quart small sliced green tomatoes, one quart small string beans, one large cauliflower, six green peppers (grated). Put all in weak salt water for twenty-four hours, — putting the onions in separate water, — then scald the whole with the same water, not using the water that was on the onions.

FOR THE PASTE.—While the above are getting hot make a paste of six tablespoonfuls of mustard, one tablespoonful of turmeric, one-half cupful of sugar, one cupful of flour, two quarts best vinegar.

Mix the mustard, sugar, turmeric, and flour with a little cold vinegar, then add the rest of the vinegar, boil a few minutes, stirring all the time, — then pour this paste over the pickles while hot. Put in jars in a cool place.

Creamed Onions.—Boil small white onions in salted water, pour off the first water, add more from the kettle, and cook until tender. Have in another saucepan a gill of hot cream, thickened with a teaspoonful of flour; drain and lay in the onions, and season with salt and white pepper.

English "Ginger Pop."—This popular British beverage is made as follows: One and one-half ounces of the best ground Jamaica ginger, one ounce of cream of tartar, one pound of sugar, and two sliced lemons; to all of which add four quarts of boiling water and one-half pint of yeast. Let it ferment for twenty-four hours; strain and bottle it. In a week or two it will be ready for use.

Sweet Potato Lunch.—Sweet potatoes cooked in this way are delicious for lunch, although they are liked by many persons for dinner: After boiling the potatoes, peel them and slice them lengthwise. Put a layer of the slices in a buttered dish; sprinkle them with cinnamon and sugar and put tiny bits of butter here and there; add another layer of potatoes, sprinkling them as before, and continue till all are used, putting a

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little more butter on the top of the last layer. Bake in a good oven a delicate brown and serve.

Scalloped Potatoes.—Cut up cold boiled potatoes until you have about a quart. Put in a pan a generous cupful of milk, one teaspoonful of flour, and one tablespoonful of butter. Set on the stove and let it thicken, then put a layer of potatoes in a pudding dish, season with salt and pepper, and pour on a little of the gravy. Continue until all is used. Cover the top with rolled cracker-crumbs and bits of butter. Bake twenty minutes.

Dressing for Sandwiches.—Half-pound of nice butter, two tablespoonfuls of mixed mustard, three tablespoonfuls of salad oil, a little red or white pepper, a little salt, yolk of one egg; rub the butter to a cream, add the other ingredients, mix thoroughly and set away to cool; spread the bread with this mixture and put in the ham chopped fine.

Indian Sauce.—Put in a saucepan a little stock, together with a teaspoonful of anchovy sauce, a bit of glaze the size of a walnut, a tablespoonful of curry paste, and a pinch of cayenne. Boil these for five minutes, and then add half a pint of tomato pulp. Mix well, let it boil up, and serve.

Desserts.

Fig Pudding.—Six ounces of fresh-grated bread-crumbs, six ounces of suet chopped fine, five ounces of sugar, one-half pound of figs chopped fine, one cup of sweet milk, one-half glassful of brandy, one-half a nutmeg, one-half teaspoonful of soda, one teaspoonful of cream tartar, and three eggs. Steam three hours and serve with wine sauce.

Banana Glace.—Make a syrup of two cupfuls of sugar, the juice of one lemon, and one-half cupful of water. Do not stir. When it will mold in ice water remove from the fire and pour over six bananas cut in slices one-half inch thick. Cool and serve.

English Plum Pudding.—One pound of seeded raisins, one pound of currants that have been washed and dried, one-quarter pound of citron, one pound of grated bread-crumbs, three-quarters pound of suet chopped very fine, one-half pound of sweet almonds, one cupful of sugar, one-half pint of milk, one gill of brandy, one teaspoonful of soda, and eight eggs. Dredge the fruit with flour and mix thoroughly. Add the whites of the eggs last, and boil four hours. Serve hot with wine sauce.

Fig Pudding No. 2.—Three-quarters pound of grated bread, one-half pound of best figs, six ounces of suet, six spoonfuls of moist sugar, a teaspoonful of milk, and a little nutmeg grated. The figs and suet must be chopped very fine. Mix the bread and suet first, then the figs, sugar, and nutmeg, one egg beaten well, and lastly the milk. Boil in a mold four hours. To be eaten with sweet sauce.

Apple Custard.—Lay a crust on a pie plate; slice on to this apples until the plate is filled, then make a custard of four eggs and a quart of milk, quite sweet and flavored to taste, and pour this over the apples. Bake like any pie.

English Rolled Pudding.—Boiled pastry should be prepared with chopped and sifted suet, instead of lard or butter, but otherwise in the same manner as pie pastry. Roll jam or preserved fruit out into a thin sheet; spread over a thick layer of fruit, and then, commencing at one side, roll carefully until all the fruit is enclosed within the paste; pinch together at the ends and tie up in a strong cotton cloth, then drop into a pot of boiling water. Serve with sweet sauce.

Orange Pudding.—Peel and cut into small pieces four large oranges, carefully removing the seeds, and sweeten to taste. Make a custard by boiling one pint of milk and the yolks of three eggs, adding one tablespoonful of corn starch dissolved in a little cold milk. When the custard is cold pour over the oranges, and spread over the top the whites of the eggs beaten to a froth with one cupful of

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sugar. Brown lightly. If the custard is poured onto the oranges while hot, it will give them a bitter, disagreeable flavor.

Rum Toast.—Beat the yolks of four eggs to a froth, adding a pinch of salt and the juice of two lemons; dip eight slices of cake in this mixture, and fry to a delicate brown. Boil two cupfuls of sugar and one cupful of water to a syrup; add two tablespoonfuls of rum or sherry; pour over the cake and serve hot.

Delicious Rice Pudding.—Two quarts of new milk, into which put a small cupful of best rice, one-half cupful of sugar, a little grated nutmeg, and one-half teaspoonful of salt. Bake in a slow oven four hours. Serve cold.

Delicious Dish of Apples.—Take two pounds of apples, pare and core them, slice them into a pan, add one pound of loaf sugar and the juice of three lemons; let them boil about two hours, turn into a dish, and serve with thick cream.

Brown Betty.—Cut into thin slices several large apples, have ready a buttered pudding dish; put into this a layer of grated bread-crumbs, then a layer of sliced apples; over these sprinkle sugar, and so on alternately, bread, apples, sugar, until pudding dish is full, letting the top be of bread-crumbs; on this place three large lumps of butter, put in oven, and bake brown. Serve hot with butter and sugar sauce.

Icees.

Lemon Ice.—Juice of six lemons, juice of one orange, three and one-half cupfuls of sugar, five cupfuls of water, whites of two eggs whipped to a froth. Beat together and freeze the same as ice cream.

Pistachio Cream.—Scald one pound of pistachio nuts and remove the skins; pound them, a few at a time, in a mortar, adding rose-water. Take two quarts of sweet cream, add one pound of sugar, then gradually add the pistachio paste. Give the mixture one boil up, flavor with almond extract, and freeze.

Strawberry Ice Cream.—Dissolve two tablespoonfuls of gelatine in a cupful of hot milk, then cool; whip one pint of cream to a stiff froth; mash one box of nice, fresh strawberries with one pint of sugar; mix all together and freeze.

Pizzini's Ice Cream.—Make a custard of two quarts of milk, five eggs (leaving out the whites of two), three-quarters of a pound of sugar, and two spoonfuls of arrow-root. After the cream has commenced freezing, beat the whites of the eggs to a froth, and stir them into the partially frozen cream, and finish freezing.

Philadelphia Ice Cream.—To every quart of milk use one pint of sweet cream and two tablespoonfuls of arrow root; sweeten to taste, and flavor with vanilla.

Coffee Ice Pudding.—Pound two ounces of fresh-roasted coffee in a mortar, but do not reduce them to a powder; put them into a pint of milk with six ounces of loaf sugar; boil up, then leave it to get cold; strain it on to the yolks of six eggs in a double saucepan and stir over the fire till the custard thickens. When quite cold work into one and one-half gills of cream whipped to a froth; freeze it, lay it in a plain mold, and set in ice till wanted.

Cake.

Layer Cake.—One coffee-cupful of butter (packed), two coffee-cupfuls of powdered sugar, one coffee-cupful of water, five eggs, whites and yolks beaten separately; four (very scant) cupfuls of flour, through which one *heaping* teaspoonful of soda and two *heaping* teaspoonfuls cream of tartar have been sifted. Be very careful and not get in too much flour.

Spice Cake.—Mix one cupful of butter, one cupful of sugar, one and a half cupfuls of molasses together; next, four eggs well beaten and one cupful of sweet milk, two teaspoonfuls of cinnamon and two of cloves, one whole large nutmeg, three cupfuls of flour, through which have been well mixed one teaspoonful of soda and two of

How to make Chocolate Creams

Boil one cupful of Molasses and two cupfuls of sugar ten minutes —
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add butter the size of an egg — **Best Butter 25 cts. a pound, at Ken-**
dall's, 199 Central Street — one-half pound chocolate, and one large
tablespoonful of flour. Boil 20 minutes.

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cream of tartar. Bake in a dripping pan which you use for meats. When done let it cool before removing from the pan; cut in squares. Rich and delicious.

Shrewsbury Cakes.—Two cupfuls of butter, one pint of sugar, three pints of flour, four eggs, one-half teaspoonful of mace. Roll the mixture very thin, cut into cakes, and bake in a quick oven. *Not a particle* more flour than what is given above should be used. It should be made in a cool room. Will keep a long time if kept in a stone jar.

Nut Cake.—Two cupfuls of sugar, one cupful of butter, three cupfuls of flour, one cupful of cold water, four eggs, two cupfuls of nuts (either hickory or walnuts), one teaspoonful of soda, and two teaspoonfuls of cream of tartar. Cream butter and sugar, beat eggs separately; add the nuts, well dredged, last of all.

Fairy Gingerbread.—One cupful of butter, two cupfuls of sugar, one cupful of milk, four cupfuls of flour, three-quarters teaspoonful of soda dissolved in hot water, one teaspoonful of ginger. Turn baking-pans upside down and spread the mixture very thin. Cut in squares, while hot, with a knife, and slip off.

[The five preceding recipes are from an exceptionally fine cook, and are trustworthy.]

Cheap Fruit Cake.—One cupful of butter, one-half cupful of sugar, two cupfuls of molasses, one cupful of milk, three cupfuls of flour, two teaspoonfuls of baking powder, one teaspoonful each of nutmeg and cinnamon, one cupful of currants, one cupful of raisins. Bake nearly two hours in a moderate oven.

Raised Doughnuts.—One and one-half cupfuls of flour, one-fourth cupful of hop yeast, warm milk enough to make a thin batter, and let it rise over night; in the morning add a teaspoonful of salt, a cupful of sugar, two-thirds teaspoonful of soda, four spoonfuls of melted lard (not boiling hot), nutmeg. Mix as soft as can be rolled, and use a circular cutter, or cut in strips and twist them.

Crullers.—Four eggs, four spoonfuls each of melted butter and sugar, a piece of soda the size of a pea, dissolved in a spoonful of sweet milk, and flour enough to roll hard. Cut in strips one-half inch wide, and wind these about pieces of hard wood four inches in circumference and six inches long, pressing down the ends. Fry in hot lard, let them stand a moment, then, with a knife, loosen and slip off the stick. Sprinkle with sugar.

Orange Cake.—One-half cupful of butter; stir to a cream; then gradually add two cupfuls of powdered sugar. Beat separately the yolks and whites of five eggs, reserving the whites of two for the frosting. Stir the yolks with the butter and sugar, and then add the grated rind of an orange and all the juice except one tablespoonful and one-half cupful of cold water. Mix two teaspoonfuls of baking powder with two and one-half cupfuls of flour, and sift twice; stir the flour in gradually and beat well, then add the whites of the eggs, beaten to a stiff froth; bake in layers. Use the whites of the two eggs and the spoonful of orange-juice reserved from the cake to make frosting to put between and on top of the cake. It will require about two small cupfuls of powdered sugar.

Rice Cake.—Pick and wash, in two or three waters, a couple handfuls of rice, and put it to cook in rather less than one quart of milk, sweetened to taste, with the addition of the thin rind of one lemon cut in one piece, and a small stick of cinnamon. Let the rice simmer gently until it is quite tender and has absorbed all the milk. Turn it out into a basin to get cold, and remove the lemon rind and cinnamon; then stir into it the yolks of four eggs and the white of one; add a small quantity of candied citron cut into small pieces. Butter and bread-crumbs a plain cake mold; put the mixture in it and bake in a quick oven for half an hour.

Snow Cake.—Three-fourths cupful of butter, two cupfuls of sugar, one cupful of milk, one cupful of corn starch, two cupfuls of flour, one and

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HENRY J. MAILLOUX'S

Recipe for Making Fig Candy.

Boil one cupful of sugar with one-third cupful of water until of an amber color (*Best Fig Candy, 20 cts. a pound, at 279 Merrimack Street*) without stirring. (*Best Mixed Candy, 20 cts. a pound, at 279 Merrimack Street*). Add one-fourth teaspoonful of cream of tartar just before removing from the fire; (*Chocolate Creams, only 20 cts. a pound, at 279 Merrimack Street; Cream Dates, 20 cts. a pound*) then wash the figs, cut open and lay in a flat dish (*We make Candy fresh daily at 279 Merrimack Street*) and pour the candy over them. (*We sell Fruits cheap at*

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one-half teaspoonfuls of baking powder; mix corn starch, flour and baking powder together; add the butter and sugar alternately with the milk; lastly, add the whites of seven eggs; flavor to taste.

Coffee Cake.—Work into a quart of dough a rounded tablespoonful of butter, half cupful of sugar and a cupful of dried currants; work in flour sufficient for dough, make in small rolls, dip in melted butter, place in pans and let rise half an hour. Bake.

Berkshire Rusks.—One cupful of sweet milk, one of yeast, one of flour; set over night; in the morning add half a cupful of sugar, half a cupful of butter, rubbed together; two eggs; reserve the white of one, beaten to a froth, to spread over the top when the rusks are raised and ready to bake.

White Cake.—Take the whites of two eggs, a little less than a cupful of butter, one cupful of pulverized sugar, one and one-half cupfuls of flour, one-half cupful of sweet milk, one-half teaspoonful of soda, one teaspoonful of cream of tartar in the flour, and a little lemon. This cake, baked in small round tins and with powdered sugar sprinkled over the top, makes a pretty relief to the stereotyped slices.

Corn-Starch Cake.—Two cupfuls of sugar, three eggs, two-thirds cupful of butter, one cupful of sweet milk, one cupful of corn starch, two teaspoonfuls of cream of tartar, one teaspoonful of saleratus, flour enough to make a stiff batter; sift corn starch with flour. Season to taste.

Candies.

Fig Candy.—Boil one cupful of sugar with one-third cupful of water until of an amber color, without stirring, and add one-fourth teaspoonful of cream of tartar just before removing from the fire. Wash the figs, cut open and lay in a flat dish, and pour the candy over them.

Butter Taffy.—One-quarter cupful of butter, two cupfuls of light-

brown sugar, four tablespoonfuls of molasses, two tablespoonfuls of vinegar, two tablespoonfuls of water. Boil till it is brittle in water; pour into pans and cool.

Chocolate Caramels.—Boil one cupful of molasses and two cupfuls of sugar ten minutes, then add butter the size of an egg, one-half pound of chocolate, and one large tablespoonful of flour, and boil twenty minutes.

Molasses Candy.—Two cupfuls of molasses, one tablespoonful of sugar; stir occasionally while boiling, and before taking from the fire add a small piece of butter and one-third teaspoonful of soda. Pour into buttered tins and pull when cool enough.

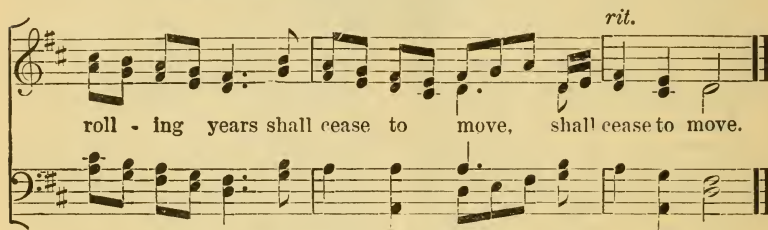
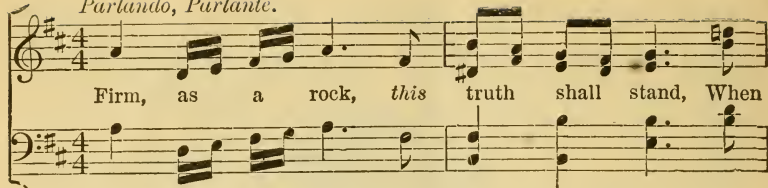
Ice Cream Candy.—To two cupfuls of granulated sugar add one-half cupful of water, one-fourth teaspoonful of cream of tartar dissolved in water when it boils, and boil ten minutes without stirring; before taking from the stove, add butter half the size of an egg, and pull it as hot as possible, flavoring with checkerberry, lemon, or vanilla, while working it.

Butter Scotch.—Take three pounds of best brown sugar and boil with one and one-half pints of water until the candy hardens in cold water, then add one cupful of fresh butter, which will soften the candy; boil again a few minutes, and pour into trays. Flavor with lemon if desired. Cut in small squares.

Cream Walnuts.—Into the white of one egg stir sufficient white sugar to make it stiff enough to work easily, and flavor with vanilla. Boil two tablespoonfuls of sugar and half as much water about four minutes; dip the walnuts in this, then place a little of the cream between the halves of the nuts. A tablespoonful of melted chocolate added to half the cream will make chocolate cream walnuts.

Hoarhound Candy.—Make with hoarhound herb a strong tea, sweeten quite strongly with sugar, and boil until quite stiff. Skim carefully and pour into a tin pan to cool. When partially cooled mark off into squares of convenient size. This candy is excellent for coughs.

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Helpful Hints

SOUP should not be set away in iron vessels.

THERE is no surer preventive of morning headaches than a well-ventilated sleeping apartment.

TRY washing tin-ware in hot suds water occasionally to restore its pristine brilliancy.

AMMONIA is useful in cleansing silver-ware.

IT is said that a bit of alum in the mouth, before taking nauseous medicine, will prevent any unpleasant taste.

ROCK alum boiled in strong lye, in the proportion of an ounce to a pint, is a brightening wash for brass ornaments.

To prevent shrinkage in flannels, use quite *warm*, soft water for washing. Make a suds of soft soap, or shaved bar soap, and turn the garments before wetting them. Squeeze rather than rub out the dirt, rinse in plenty of warm water, and dry quickly. If they are smoothed with an iron, let it be done on the wrong side.

THE useful chamois skin is easily cleansed. Rub into it plenty of soft soap, then lay it for a couple of hours in a weak, but warm solution of soda water; rub until it is quite clean, and rinse in warm water in which soda and hard soap have been dissolved. Dry in a rough towel, then pull into shape and brush.

FLANNEL that has grown yellow by repeated washing will whiten considerably if left out of doors on a cold night.

KEEP apples in a dry place, as cool as possible without freezing.

KEEP your brooms in the cellar-way to keep soft and pliant.

KEEP cranberries under water in the cellar; change the water monthly.

KEEP flour cool, dry, and securely covered.

KEEP glass clean with a mixture of one quart of water and one tablespoonful of ammonia.

KEEP an account of all supplies, with cost and date of purchase.

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A DISH of hot water set in the oven prevents cake scorching.

GRANULATED sugar is the best for general family use.

EQUAL parts of Japan and green tea are as good as English Breakfast.

A CEMENT of ashes, salt, and water is excellent for cracks in stoves.

ZINC-LINED sinks are better than wooden ones.

A LITTLE bag of mustard laid on the top of the pickle jar will prevent the vinegar from becoming moldy if the pickles have been put up in vinegar that has not been boiled.

SUNSHINE on mirrors will injure their lustre, therefore do not hang opposite a door or window.

RED ants will never be found in closets or drawers if a small bag of sulphur is kept in those places.

IF the saucepan in which milk is to be boiled be first moistened with water, it will prevent the milk from burning.

SHOULD the varnish on a piano tarnish or become cloudy, wipe with chamois skin or soft cloth dampened with water, then with a dry soft cloth. Next rub the surface thoroughly with a few drops of sweet oil and turpentine, and then remove these by rubbing. Sandpaper will whiten ivory knife-handles that may have become yellow with use and age.

A Pomade for the Hands.—

For a very nice pomade for the hands scrape off equal quantities of spermaceti and pure beeswax, cover with sweet oil, and simmer until it becomes liquid in a small china pot, cup, or jar; add a few drops of rose-water and mix with the other ingredients. When well blended, take it from the fire and let it set firm in the cup in which it has been melted. Rub this well into your hands on retiring, and wear a pair of soft kid gloves. In the morning wash them with oatmeal or almond powder.

To Egg Buyers.—*La Nature* asserts that the age of eggs can be accurately determined by the following method: Dissolve two ounces of kitchen salt in a pint of water. A *fresh* laid egg if put in this solution

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will sink to the bottom; one laid a day previous will not quite reach the bottom; an egg three days old will swim in the liquid, and one *older* will float on the surface, projecting itself above the water more and more in proportion to its age.

Some Uses of an Egg.—For burns and scalds nothing is more soothing than the white of an egg, which may be bound over the wound. It is softer as a varnish than collodion, and being always at hand, can be easily applied. It is also more cooling than the sweet oil and cotton which were formerly supposed to be the surer application to allay the smarting pain. The egg is considered to be one of the best of remedies for dysentery. Beaten up slightly with or without sugar, and swallowed at a gulp, it tends, by its emollient qualities, to lessen the inflammation of the stomach and intestines, and by forming a transient coating on these organs to enable Nature to resume her healthful sway over a diseased body. Two or at most three eggs per day would be all that are required in ordinary cases; and since egg is not merely medicine, but food as well, the lighter the diet otherwise and the quieter the patient is kept, the more certain and rapid is the recovery.

To Remove Ink Stains.—A solution of oxalic acid has been used for removing ink stains from cotton, linen, or the fingers, but it is attended with the danger of injuring textiles and the skin. A much safer and better treatment of ink or rust stains consists of the application of two parts of powdered cream of tartar, and one part of finely powdered oxalic acid. Shake the ingredients well together and apply the powder with a dry rag to the dampened stain; when the spot has disappeared the part should be well washed. To remove ink stains from paper, make a solution of fresh muriate of tin, two drams; water, four drams; and apply with a camel's hair brush.

Moth Preventive.—The following recipe for keeping moths out of clothing is a favorite in some families:

Mix half a pint of alcohol, the same quantity of spirits of turpentine, and two ounces of camphor. Keep in a stone bottle, and shake before using. The clothes or furs are to be wrapped in linen, and crumpled-up pieces of blotting-paper dipped in the liquid are to be placed in a box with them, so that it smells strong. This requires renewing about once a year.

Buffalo Bugs.—A correspondent of *Good Housekeeping* announced a few months ago that she had discovered an agent for the destruction of the buffalo or carpet bug, believed to be equally effectual in destroying moths, cockroaches and other insect vermin that infest our houses. The remedy is borax, saltpetre, and camphor in equal parts, powdered and combined and sprinkled about the haunts of the vermin. Neither of these ingredients alone will accomplish the work; combined they are all-powerful. We *know* this remedy is effective in banishing cockroaches and water-bugs, and doubt not it will prove equally a terror to moths and other insect pests of the household.

Ready Remedies.

Bleeding at the Nose.—Keep erect, or nearly so. Do not bend over a basin; have nothing tight about the neck. Apply cold water or ice to the back of the neck and root of the nose. If the bleeding continues, take a long strip of rag, push it gently into the bleeding nostril with a pencil or pen-holder, and work it up by degrees till the nostril is filled. The blood will clog about it and stop.

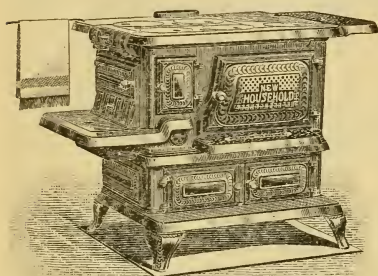
A Bruise.—In case of a bruise you must avoid the tendency to inflammation. Bathe it freely in warm water, and afterwards apply cold vinegar and water every hour, for a day or two; or if you have a tincture of arnica present, rub with it. Cold water poured from a height, two or three times a day, is good.

Sprains.—Keep the injured part quiet and raised; lie or sit down, and apply cold water to allay the inflam-

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mation. Afterwards apply arnica. If there is much heat, apply rags wet in witch-hazel. When the violent effects have passed away, a gentle motion of the parts may be begun; keep the joint tightly bandaged.

Frost Bite.—Never apply heat, but gradually restore the circulation by friction with ice or snow, and then water with a little spirits in it. Poul-tice well if there is much inflammation.

Mustard Plaster.—Take equal quantities of mustard and rye or wheat flour, mix together thoroughly, and add as much *cold* water as may be required to make a soft mass. Spread the mixture evenly over a piece of muslin, and over the surface of the plaster put a piece of gauze to prevent the mustard from adhering to the skin. For a child make half strength, using only one-quarter mustard and three-quarters flour. Look at the skin under the plaster every few minutes, and as soon as any *decided redness* appears, instantly remove the plaster. On no account allow it to remain sufficiently long to produce a blister.

Bites and Stings.—Cologne, or any ordinary spirits, may be applied to bites of bugs, fleas, gnats, or mosquitoes. Their attacks may be ward-ed off by such perfume as lavender, quassia, wormwood, gentian, or cam-phor. In the case of honey-bee stings extract the sting with a pair of twee-zers. Bee-stings in general may be treated with turpentine, hot vinegar, hartshorn, or spirits. Soap and cam-phor liniment are good to remove swelling.

Flaxseed Poultice.—Make a thick paste of flaxseed meal and cold water, heat the mixture, and add a small piece of lard to prevent it adhering to the part. Apply as hot as possible.

Bread-and-water Poultice is made by dipping a piece of bread, after the crust has been removed, into warm water. Lift it out at once and apply hot.

Bread-and-milk Poultice is made by removing the crust from a stale piece of bread and crumbling the inner part into a bowl. Pour on

enough sweet milk to cover it and simmer on the fire, stirring till the bread is dissolved. Apply hot as can be borne.

Sand-bag.—A bag of hot sand for artificial heating purposes will retain the heat much longer than hot water.

Egg Toast for Invalids.—Beat the yolks of four eggs and the whites of two thoroughly, and mix them with two tablespoonfuls of butter; put this in a small saucepan and set it over the fire, stirring in one direction until thoroughly hot. Have ready some thin slices of bread delicately toasted, and spread with the mixture of egg, and serve very hot. Or, put three ounces of butter into a bowl, and stand the latter in boiling water until it becomes liquid. Now add four well-beaten eggs to this, pour into a saucepan and set it over a slow fire, moving it around in one direction until heated; it must not be allowed to boil. As soon as warm pour it back and forth from the saucepan to the bowl until thoroughly hot. Have ready some nicely toasted bread, and spread this over while hot.

For Rheumatism.—Grace Courtland, "the prophetic witch of Wall street," says: "My remedy for acute rheumatism is one ounce of saltpetre in one pint of brandy, taken in tea-spoonfuls three or four times a day."

The Sick-Room.—The sick-room should have plenty of fresh air; this is especially so in case of fevers. An inch at the top of a window and an inch at the bottom may be allowed, even in cold weather. Sick persons will not take cold any quicker than well ones, if the draught does not strike them. Where there are win-dows in the opposite sides of a room, the task of ventilation is easier; but there must be greater care with the draughts. If the bed is where a draught can not be avoided, cover the patient up and let ventilation take place, at least three times a day. Keep the inside air as pure as that outside, without chilling the patient. A fire in the sick-room, to take off the chill, will enable one to give it full ventilation.

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floors of sick-rooms. In any case of contagious disease or fever it would be best to take the carpet off. If not, clean well first, and afterwards.

Sick people like to be clean. They enjoy a wash. They can be washed nicely by sponging, or by using a rag judiciously. Care must be taken not to expose too much of the skin at once. Let the water be tepid. Do not withhold soap. Rub each portion washed right well with a coarse towel. Vinegar added to the water makes it more refreshing. A bay-rum bath is an excellent tonic for sick folk.

Never shut the sunlight from a sick-room; light is next to air in healing virtue. Of course there are certain affections of the eyes that require exclusion of light; but healing comes where light sheds its radiance.

Avoid noises, and especially the disturbing kind. Every patient is sensitive to some kind of a noise more than another. Never awaken a sleeping patient for any purpose, unless the physician requires it. Sleep is the best medicine in Nature.

Do not go to the bedside with a sour face, and never whisper with the physician or friends in the sick-room.

All appearance of haste is painful to the sick. Do things quickly, by knowing what to do and how to do

them; but do them quietly and without fuss and hurry. A patient will pick out and rely on a cool-headed, quiet, prompt person every time.

Do not bother a sick person when he is doing any thing, nor interrupt him when speaking. Never lean against, sit upon, or shake the bed upon which a sick person lies.

Never read to the sick except when they ask it; then read what they crave, and do it slowly and distinctly.

Give a little variety to the room by occasionally changing things. If flowers are craved, get them, but beware of the effect of very sweet perfumes.

Give little food at a time, but often, if it is craved. As a rule, sick folk have slow appetites in the morning. You can sustain them, till they get a desire for something substantial, by giving them a little tea or light broth.

Never leave untasted food at the patient's bedside from meal to meal. Sight of what is not craved is repellant.

Do not fill a patient's plate. Have tempting quantities temptingly prepared and served. Cook with care.

As a rule you can afford to give a patient a little of whatever is craved, unless the physician forbids. Sometimes the craving is morbid; then you can refuse to gratify it.

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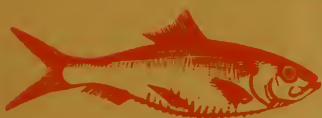
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